

### **READ SCRIPT**

There are 3 meal components for breakfast --- fruits, grains, and milk.

### **Grade Groups**

- Same grade groups for NSLP and SBP:
  - K-5
  - 6-8
  - 9-12



 There is MORE menu planning flexibility at breakfast.

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#### READ SCRIPT

- •This rule requires schools to use the same grade groups for planning lunches and breakfasts.
- •The grade groups are now narrower to provide age-appropriate meals.

As you will see in the following slides, there is significant overlap in component and nutrient standard requirements, which provides further flexibility for schools that serve more than one age-grade group at breakfast A single menu can be used for all groups!

Breakfast Meal Pattern						
	Breakfast Meal Pattern					
	Grades K-5	Grades 6-8	Grades 9-12			
	Amount of Food Per Week					
Meal Pattern	(Minimum Per Day)					
Fruitsd (cups)	5 (1)	5 (1)	5 (1)			
Vegetablesd (cups)						
Veg subgroups						
Dark Green	0	0	0			
Red / Orange	0	0	0			
Beans/Peas						
(Legumes)	0	0	0			
Starchyd	0	0	0			
Other	0	0	0			
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)			
Meat/Meat Alternates (oz eq)				( 4		
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)			
Green Handout						

Here are the Breakfast Meal Pattern requirements, see your **green handout** to follow along.

Daily planned fruit requirements increase to 1 cup. All grains served must be Whole Grain Rich Milk requirements are the same.

Fruits<sup>d</sup> and Vegetables<sup>d</sup>: For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups **before you can serve Starchy subgroup.** 

# Fluid Milk (Breakfast)

- Same requirements as Lunch
- Allowable milk options:
  - Must be pasteurized fluid milk
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactosefree)
- Must offer at least two choices
- For all grade groups schools must offer at least 1 cup daily.



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**READ SLIDE** 

## Fruit (Breakfast)



- Schools must offer 1 cup of fruit daily.
  - Fresh, frozen, dried, or canned fruit pieces
  - 100% fruit juice limited to no more than half of the weekly fruit credit
    - 100% juice no more than 2.5 cups per week
    - For example, ½ cup fruit pieces and ½ cup 100% juice daily fits the juice requirement

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- READ SCRIPT
- 1 cup of fruit daily (or veg substitution)
- The juice limit: No more than half of the weekly fruit may be credited in the form of 100% juice (fruit or vegetable). For example, ½ cup grapes and ½ cup OJ meets the 1 cup daily fruit requirement.

# Fruit (Breakfast)

- Schools may offer a:
  - Single fruit
  - Combination of fruits
  - Combination of fruit pieces and 100% fruit juice



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**READ SLIDE** 

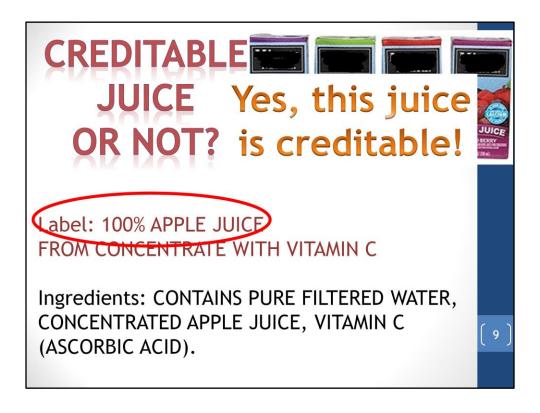


### Buzz through not a lot of time or discussion

This juice <u>is</u> creditable.

First ingredient is 100% fruit juice and label says 100% juice.

<sup>\*\*</sup>circles and answer box appear on advance click\*\*



### Buzz through not a lot of time or discussion

This juice is creditable.

First ingredient is water and but <u>label says 100% juice</u>.

<sup>\*\*</sup>circles and answer box appear on advance click\*\*



### Buzz through not a lot of time or discussion

This juice is **NOT** creditable.

First ingredient is water and label does not say 100% juice. There are a lot of other ingredients on the label (slide only shows first handful of ingredients...)

\*\*X and answer box appear on advance click\*\*

CONFERENCE CALL TOPIC

## Vegetable Juice

#### Ingredients

Water, Sweet Potato, Jujube, Apple and Pear Juice Concentrates, Less than 2% of Dragon Punch, Carrot and Aronia Juice Concentrates, Natural Flavors, Ascorbic Acid (Vitamin C), Malic Acid, Celery, Beta Carotene (color), Kale, Broccoli, Lettuce, and Spinach Concentrates, d-alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate



[ 11 ]

Misleading Ad

How does it credit? Fruit or vegetable?
If water is the first ingredient, the package must say 100% Juice

# Vegetables (Breakfast)

### Potatoes at breakfast:

- Serve as an extra food with no component credit
  - This is counted in nutrient standards!

or

Follow vegetable substitution rule

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- READ SCRIPT
- At breakfast there are some exceptions and flexibilities we will present all the rules

   but we strongly encourage you to being with a simple menu plan. Once you
   become comfortable with the simple menu, then you can try out the various
   flexibilities if they work for your school. These flexibilities are marked with a
   graduation hat because we consider these complicated or masters level menu
   planning.
- Fruits and Vegetables: For breakfast, vegetables may be substituted for fruits, but the 1st two cups per week of any such substitution must be from the dark green, red/orange, other, beans/peas (legumes) subgroups before you can serve Starchy subgroup.
- There is a rule for menu planning Starchy vegetables (like hashbrown potatoes) The menu must contain 2 cups from any other veg subgroup (dark green, red/orange, beans peas (legumes), or other in order to include a Starchy veg on the breakfast menu.
- And the requirement for students to take a minimum of ½ cup of fruit or vegetable under OVS.

### **READ SCRIPT**

There is a minimum DAILY grain requirement of 1 oz eq. for all grade groups (K-12) There is a minimum WEEKLY grain requirement: K-5-7 oz eq, 6-8-8 oz eq, and 9-12.9 oz eq.

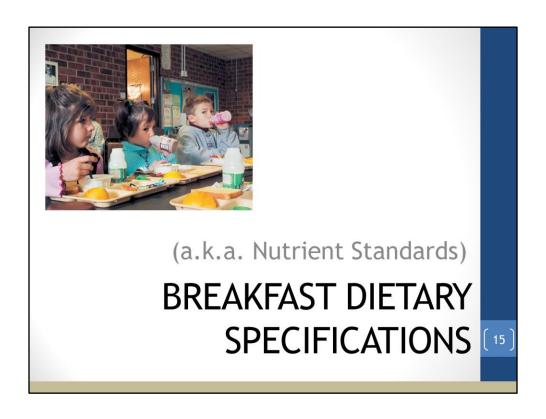
# Grains (Breakfast)

All grains must be whole grain rich

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### **READ SCRIPT**

Half of grains offered must be whole grain-rich on SY 2013-2014 Be ready to transition to ALL planned grains whole grain rich for both Breakfast and Lunch in the 2014-2015 school year



Dietary Specifications and Nutrient Standards mean the same thing.

Calor	Calorie Ranges (Breakfast)						
Grade Groups	K-5	6-8	9-12	K-12			
Calorie Ranges	350-500	400-550	450-600	450-500			
					[ 16 ]		
Green Handout							

### Read slide then script

- Reminder that calories are calculated using a weekly average. That is done by adding up all the calories in your menus and dividing it by the number of days served.
- You can see on this slide there are many menu planning flexibilities due to the overlap in requirements. You can use a K-12 menu plan with a 450-500 calorie requirement.
- We will go over menu planning flexibilities in just a moment.

# Fats (Breakfast)



- Same as the lunch fat requirements
- Trans Fat- Zero grams per serving, or 0.5g per serving on the label
- Saturated Fat- Less than (<) 10% of the total calories can be from saturated fat

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Read slide

Sodium (Breakfast)						
		Target 1	Target 2	Target 3		
		SY2014-15	SY2017-18	SY2022-23		
	K-5	≤540mg	≤485mg	≤430mg		
	6-8	≤600mg	≤535mg	≤470mg		
	9-12	≤640mg	≤570mg	≤500mg	[ 18 ]	

<sup>\*\*</sup>Outline appears on advance click\*\*

### Read slide then script

- There are sodium targets that will go into effect next school year so you should begin reducing the sodium content of your menus this year.
- If you are using a combined menu planning group like K-12, your sodium target is the most strict requirement ≤540mg.

# BREAKFAST MENU PLANNING GRADE GROUPS

Grade Groups (Breakfast)							
		Grades	Grades	Grades	Grades	Grades	
	5-day	K-8	K-5	6-8	9-12	K-12	
	Week-	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	
	Fruits						
	(cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	
	Grains	8-10	7-10	8-10	9-10	9-10	
	(oz eq)	(1)	(1)	(1)	(1)	(1)	
	Fluid Milk						
	(cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	
	Min-max						
	Calories,	400-	350-	400-	450-	450-	20
	daily avg	500	500	550	600	500	
Yellow Handout - Short & Long Week							

<sup>\*\*1</sup> outline appears on advance click\*\*

### This is listed on the short and long week handout.

- Menu planning grade groups. As we just talked about for breakfast calories there are many overlaps in requirements for all grade groups. You can use the standard: K-5, 6-8, 9-12 menu plans or you can combine the groups into K-8 or K-12 menu plans
- \*\*Advance click for circles to appear\*\*
- Check out the short and long week handout for additional grade group flexibilities at breakfast.

<sup>\*\*2</sup>nd outline appears on advance click\*\*

# The Simple Approach

- Whole Grain Rich: Plan a minimum of 1-2 oz eq grain <u>daily</u>, to meet daily & weekly requirements
- Fruit: Plan 1 cup fruit daily
- Milk: Plan 1 cup daily
  - at least 2 choices of low-fat or no-fat milk must be offered
- Menus must meet dietary specifications:
  - Calorie ranges for grade groups
  - Zero grams trans fat
  - <10% of total calories can be from sat fat</p>

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\*\*Bullet points appear on click\*\*

You can make breakfast very simple or very complicated. Recommend a simple approach to start.



You may be asking yourself - Can I add Meat/Meat Alternate to my breakfast menu? Yes! There are options!

# Meat/Meat Alternate M/MA (Breakfast)

- No m/ma is required
  - if you want to serve a m/ma you must plan 1 oz eq grain first.



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### **Read Script**

There is no requirement to menu plan a meat/meat alternate at breakfast. Since many schools prefer to add a source of lean protein at breakfast, there is flexibility for the menu planner to allow for meat/meat alternate at breakfast.

Option 1: schools have flexibility to offer a meat/meat alternate in place of grains (or as a substitution) as long as the menu also meets the 1 oz equivalent of grains daily requirement. This is intended to safeguard planning flexibility while promoting the consumption of whole grain-rich foods consistent with the recommendations of the Dietary Guidelines for Americans.

When the meat/meat alternate is offered in place of grains as part of the reimbursable meal, the menu planner counts it toward BOTH the weekly grains requirement AND as a "food item" under OVS.

## M/MA (Breakfast)



- The menu planner may <u>choose</u> to offer a m/ma. There are two options:
- Option 1: Credit the m/ma and offer 1 oz eq grain
- Option 2: Do not credit the m/ma. Serve as an extra/free food.
  - This option is expensive and will likely push you over your calorie, sodium, & saturated fat limits.

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### **Read Script**

In the second option, menu planners have discretion to offer meat/meat alternates as extra food, and choose to not credit the extra food toward the creditable grain component. These are considered extras offered outside the reimbursable meal, so they do not get counted in the reimbursable meal – keep this in mind for OVS.

Also, since m/ma is not a required component, there is no weekly maximum.

However, schools must continue to serve at least the minimum daily grain as part of the meal. Regardless of the decision of whether or not to substitute a meat/meat alternate for grains, all "extra" food offered would count toward the dietary specifications (calories, sodium, saturated fat, and trans fat).

This option is intended to give menu planners additional flexibility in building a menu that meets all the new meal requirements and while maintaining the option to add a source of lean protein at breakfast.

# Food Items at Breakfast: More flexibilities



Extra or free food items may be offered that do not credit towards any component.

- Menus must meet daily and weekly meal pattern requirements without the addition of the extra/free food items.
- All extra or free foods must fit within the weekly nutrient standards (calories, saturated fat. trans fat, and sodium)





### **Read Script**

We already discussed how menu planners have discretion to offer meat/meat alternates as extra food, and choose to not credit the extra food toward the creditable grain component. The menu planner may also plan extra food items. These are considered extras offered outside the reimbursable meal, so they do not get counted in the reimbursable meal – keep this in mind if you are on OVS. And these extra/free foods do not get counted in the daily or weekly component requirements. All "extra" food offered would count toward the dietary specifications (calories, sodium, saturated fat, and trans fat).

Reminder, schools must continue to serve at least the minimum daily and weekly component requirements.



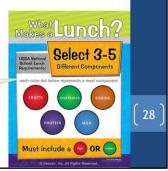


Images of grab and go/bundled breakfasts

# Identify those reimbursable meals!

- Help the students and staff understand what is offered as a part of their reimbursable meal.
- Identifies minimum requirements under Offer vs. Serve.
- Helps with nutrition education.
- Identifies a la carte purchases.

Todays Breakfast: Egg Burrito, Apple, & Milk or Muffin, Apple, & Milk



READ Script.

Identification of a reimbursable meal at or near the beginning of the meal service line is required.

On this slide are a couple of examples of how this can be done.

# Breakfast Meal Patterns 2016

This training credits for 30 minutes of training in

### Key Area 1 - Nutrition

1110 USDA Nutrition Requirements

Your Name:

Date of Training:



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